

Active Adult Programs



Blacksburg Parks and Recreation

A newsletter for Blacksburg Active Adult Programs, 725 Patrick Henry Dr. Call Joy Herbert, Senior Programs Supervisor to be placed on the mailing list. 961-1134 or jherbert@blacksburg.gov

Summer 2016

A Listing of Trips and Special Events

Join us for some great special events and trip destinations. For information on our ongoing programs and health and fitness opportunities contact Joy at 961-1134 or check out our website at www.blacksburg.gov/recreation.

Inside this Issue:

Registration Info	2
Trips	3
Special Events	10
Mail in Registration	12



Town of Blacksburg's Senior Center Endowment Fund

Thanks to generous donations, the Town of Blacksburg's Senior Center Endowment Fund is once again fully endowed. The idea to establish the fund was initiated by the late Connie Anderson, and her leadership and generosity helped to make this project successful. The fund is an Agency Grant specific for the Blacksburg Senior Center, and as the fund grows in the future, the annual disbursement amount from the fund will also grow and be used exclusively for Senior Center needs. The fund is managed by the Community Foundation of the New River Valley. All donations are tax deductible and can be sent to The Community Foundation of the New River, PO Box 6009, Christiansburg, VA 24068-6009. Designated fund is the Town of Blacksburg-Senior Center Endowment Fund.

Registration Procedures

HOW IT WORKS

All Registration:

Walk-in, Phone-in, Mail-in, On-line
and Fax-in)

Will begin Tuesday, May 10, 2016

Starting at 9AM

In all three locations

The Community Center (725 Patrick Henry Dr.)

961-1149, fax 961-1897

Aquatic Center (625 Patrick Henry Dr.)

961-1852

Parks & Recreation Office (615 Patrick Henry
Dr.) 961-1135, fax 951-8313.

Online Registration is available.

Sign up for and view programs at

<https://recreation.blacksburg.gov>. In order to use our website you need a username and password, which is your household number. You can find this number at the top of any of your receipts or simply give us a call. First time customers will need to stop by one of our facilities to be entered into our computer system. On line also begins 9AM

- A credit card is required to process all phoned-in, On-Line and faxed-in registrations. Master Card and Visa are accepted.
- All classes and trips are on a first come, first serve basis.
- Programs are designed for seniors ages 50 and above. However, all ages are welcome to participate.
- You may use our mail-in registration form which is located on Page 16. However, mailing in your registration does not guarantee you a spot. Mail in forms are processed the day that registration begins and are added to the roster if space is available.
- **You may register one person in addition to yourself when registering in person.**

Refunds

- Refund requests must be made 7 days prior to the start of a program or rental unless indicated differently with program listing.
- Less than 7 day notice of a cancellation will result in NO REFUND being given unless a substitute can be found.
- Cancellation prior to the 7 days:

When you pay by cash or by check - Refunds can only be made by requesting a Town Check be cut and will require a \$25 service charge be subtracted from the refund amount or the full amount may be credited to your Household account.

When you pay by Credit Card—a full refund can be placed back on your card or credited to you household account. No refunds will be given if the program required a non-refundable charge.

Trips



Important Trip Information

- ◆ Boarding of bus begins 30 minutes prior to departure unless otherwise specified. We ask that you check in at least 15 minutes prior to departure.
- ◆ Your comfort is important to us. However, it is difficult to find the perfect temperature for every participant on the bus. We suggest cold natured bring sweaters/coats and warm blooded dress in layers. We are happy to make adjustments to the temperature but don't know unless you tell us. Please keep in mind that your safety is our primary concern so let the driver know at a time when he is not distracted while driving.

For those with Special Needs - ***The Senior Center has a wheelchair accessible bus with room to carry walkers, canes or similar assistive devices. However, staff is unable to personally assist individuals beyond loading and unloading the vehicle. Therefore, we require a caretaker or aide to accompany participants with special needs such as physical limitations, significant hearing or vision impairments or mental disabilities, who require personal assistance during the operation of the bus or Senior Programs.***

“Greater Tuna” Barter Theater Stage II (323600-S4)

What do Arles Stuvie, Thurston Wheelis, Aunt Pearl, Petey Fisk, Phineas Blye and the Reverend Spikes all have in common? They are your favorite, up-standing citizens from the third smallest town in Texas. In Tuna, Texas the Lions Club is too liberal and Pasty Cline never dies. As the citizen's of Tuna parade across the stage in all their outrageous and irreverent glory, this eccentric gathering of oddball characters is guaranteed to make you laugh until your sides split.

When W May 25

Itinerary Depart center at 9:15am (please check in no later than 9am) with return estimated by 7pm

Cost \$35R/\$45NR. Fee includes transportation and performance.
Lunch extra at the Heartwood Center.

Registration begins May 2 no refunds after May 10 unless a substitute can be found.

May - September 2016

Active Adults P. 3

NEW-Andy Griffith's "Mayberry" Mt. Airy NC (323600-J8)

Let's travel to Andy Griffith's Birthplace with a guided tour including Mayberry Jail, Floyd's Barber Shop, Snappy Lunch, Andy Griffith Museum, optional tour of Music heritage hall, tour of Gertrude Smith House and more.

When W Jun 8

Itinerary Depart center at 8:30am (please check in no later than 8:15am) with return estimated by 6:30pm.

Cost \$25R/\$35NR. Fee includes guided tours and transportation only. Lunch extra on your own.

Registration begins May 10.

Mystery Dine Outs



Indulge in some culinary experiences and surprises. It's amazing, the variety of flavors that surround us. We promise no fast food or large chain restaurants, only popular and unique destinations in a casual atmosphere.

323600-J1	W Jun 29	Please check in at least 15 minutes prior to departure.	10am-1:45pm	\$7/14 for each trip. meal extra
323600-A2	Th Jul 14		10am-2pm	
323600-A3	W Aug 24		10am-2pm	

Registration begins May 10

NEW - Reynolda House Tour and Ansel Adams Exhibit - Winston Salem, NC (323600-A1)

Tour the home of R.J. Reynolds with original furnishings. The collection of American art throughout the house is considered one of the finest art museums in the Southeast. Also see an exclusive exhibit of 40 photos by Ansel Adams.

When W Jun 15

Itinerary Depart center at 8:45am (please check in no later than 8:30am). Return to the center estimated by 5pm.

Cost \$28R/38NR includes transportation, guided tour. Lunch extra at on your own in the Reynolda Village. Tour requires some walking.

Registration for this trip begins on May 10.

Replacement's and 4 Season's Mall - Greensboro NC (323600-5C)

Visit the world's largest inventory of discontinued and active porcelain, china, flatware and more. Free time at Greensboro's premiere shopping centers.

When W Jul 6

Itinerary Depart center at 8:30am (please check in no later than 8:15am). Return to the center estimated by 6:30pm

Cost \$15R/25NR includes transportation only. Lunch extra at the mall on your own.

Registration begins May 10.

New - Adventure in Shenandoah (323600-S1)

Beautiful Shenandoah Caverns has been thrilling visitors of all ages. Virginia's only caverns with elevator access. We will also tour **The Yellow Barn** looking back at our agricultural heritage, **American Celebration on Parade** which houses full-sized parade floats from national celebrations and **Main Street of Yesteryear**, a display of antique department store windows.

When W Jul 20

Itinerary Depart center at 8:30am (please check in no later than 8:15am) with return estimated by 7:30pm.

Cost \$31/41NR includes transportation on all tours. Lunch extra at Southern Kitchen.

Registration begins May 10.

NEW - Virginia Museum of Fine Arts - Richmond (323600-S3)

The Virginia Museum of Fine Arts in Richmond, VA opened in 1936 and has since become one of America's top-ten comprehensive museums. (And certainly one of the South's finest museums operated by state funds). Bolstered by art works from the prestigious Samuel Kress collection, the VMFA houses excellent examples of Western Art. Starting chronologically, Art Historian Lee Sandstead will guide attendees through the museum, focusing on several masterpieces from each era, and ending with the Americans.

When Sa Jul 16

Itinerary Depart center at 8am (please check in no later than 7:45am).
Return to the center estimated by 8pm.

Cost \$55R/65NR includes transportation by deluxe Motorcoach, museum entrance, and private guided tour. Lunch on site at the museum on your own.

Registration for this trip begins on May 10.



“Dixie Swim Club” Barter Theater Stage II (323600-J7)

Five unforgettable Southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. These women increasingly rely on one another through advice and raucous repartee, to get through the challenges (men, sex, marriage, parenting, divorce, aging) that life flings at them, including some hilarious and unexpected twists and turns.

When W Jul 27

Itinerary depart center at 9:15am (please check in no later than 9am)
Return estimated

Cost \$35R/45NR Fee includes transportation and performance. Lunch extra at the Heartwood Center.

Registration begins on May 10. No refunds after June 6 unless a substitute is found.

Mystery Wineout - (323600-J5)

Join us as we travel to a mystery winery location for a tasting. Trip will also include a lunch stop but that too is a mystery.

When W Aug 3

Itinerary Depart center at 9:30am (please check in no later than 9:15am).
Return estimated by 4:30pm.

Cost \$18R/\$28NR. Fee includes transportation and tasting.

Meal is extra

Registration begins May 10



“Joseph and the Amazing Technicolor Dreamcoat” Wohlfart haus - (323600-J2)

This Andrew Lloyd Webber & Tim Rice favorite is a biblical-based, rollicking musical parable for young & old. This spectacular production is told through vaudevillian turns, country two steps, Calypso and good old-fashioned rock and roll! Sing along with “One More Angel in Heaven,” “Close Every Door” and “Any Dream will Do.”

When W Aug 10

Itinerary Depart center at 11am (please check in no later than 10:45am).
Return estimated by 6pm.

Cost \$44R/\$54NR. Fee includes transportation, meal and performance.

Registration begins May 10



Mystery Trip (323600-A4)

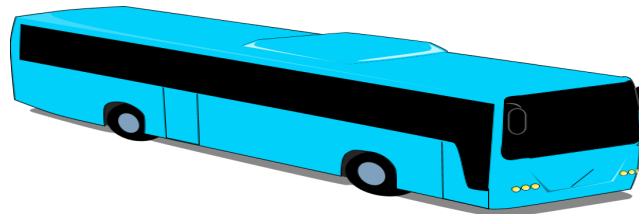
Let's join our friends from Christiansburg and Montgomery County for an exciting mystery destination.

When Tu Aug 30

Itinerary Depart center at 6am (please check in no later than 5:45am).
Return estimated by 6:30pm.

Cost \$60 Fee includes transportation, lunch and THE MYSTERY!

Registration begins May 10



“The Motown Sound” Wohlfart haus (323600-J4)

In the early 60's Detroit was on the move...home to kajor auto makers and the newly formed Motown Records. This exceptional tribute features te music of The Temptations, Gladys Knight, Tina Turner, Diana Ross, The Four Tops and more. Take a journey through time and relive what Berry Gordy coined “the sound of young America” that made a city come alive.

When W Sep 7

Itinerary Depart center at 11am (please check in no later than 10:45am).
Return estimated by 6pm.

Cost \$44R/\$54NR. Fee includes transportation, meal and performance.

Registration begins May 10

Blacksburg Parks & Recreation

New Orleans, LA

September 18 - September 23, 2016

Your 6 day/5 Night Trip Includes:

5 Nights Hotel Accommodations Including:

4 days/3 Nights in a New Orleans hotel located within walking distance of the famous French Quarter!

5 breakfasts at your Hotel

Evening Receptions at your New Orleans Hotel including Hot Food & Spirits.

3 Dinners to include: **One Dinner with Entertainment and One Dinner at the New Orleans School of Cooking**

Guided Tour of New Orleans

See and experience all New Orleans has to offer. Learn about the history, the food, the music & jazz, culture, architecture and Katrina recovery.

Tour an Old Fashioned Louisiana Plantation

The past comes to life on this spectacular plantation. Stroll the grounds in the shade of majestic oak trees, before enjoying a tour of the opulent mansion given by guides in period costumes.

Visit the Famous French Quarter

The French Quarter, also known as Vieux Carre, is the oldest and most famous neighborhood in the city of New Orleans.

Cruise the Mississippi on an Authentic Steamboat

This two-hour cruise from the heart of the French Quarter takes you back when cotton was king and life was slow and graceful as the current on the Mississippi

Try your luck at Harrah's New Orleans

Guided Tour of Atlanta, VA

Standard Taxes, Meal Gratuities & Baggage Handling
Deluxe Motor Coach Transportation



Double Occupancy (323600-HD)

\$200/person for initial deposit at registration
Final payment of \$549R/\$559NR
due August 12

Single Occupancy (323600-HS)

\$200 for initial Deposit due at registration
Final payment of \$819R/\$829NR due by August 12.

No refunds after August 12 unless a substitute is found or you have Travel Protection which can be purchased at \$79/pp based on Double Occupancy.

Special Events

Candy Bar Bingo (323000-S2)

Travel to Meadowbrook Community Center for a twist of an old-fashioned game. Participants need to bring two wrapped, full sized candy bars to be placed in the prize pool and bring a dish to share for the luncheon.

When F May 13

Time Bus depart center at 10:30-1pm (please arrive at the community center no later than 10:15pm)

Cost \$1

Registration begins May 10

New Law Changes (323000-M2)

Let's travel to Meadowbrook and join Christopher Lucas, Deputy with Montgomery County, and learn about new laws that go into effect July 1 and how they impact you. Bring a dish to share for the luncheon.

When Tu Jun 21

Time Bus departs center at 10:30am-1pm (Please arrive at the community center no later than 10:15am)

Cost \$1

Registration begins May 10 and ends Jun 15

Blood Pressure Checks

Colleen Light, RN from the Crossings, will be providing free blood pressure checks and will answer any questions you may have. No registration necessary.

Th Jul 21 from 8:30am-10:30am.

Birthday Celebration (323000-M1)

We will travel to Meadowbrook Community Center to celebrate that special day in each of our lives. Enjoy a game of bingo. Bring a dish to share for the luncheon.

When Tu Jul 12

Itinerary Bus departs center at 10:30am (check in no later than 10:15am) and returns by 1pm.

Cost \$1

Registration begins May 10 and ends Jul 7

Special Events

Patio Bingo (323000-J3)

Let's Travel to Christiansburg for some bingo and cool refreshing summer time refreshments.

When F Jul 29

Cost \$4

Itinerary Bus departs center at 10:30am (check in no later than 10:15am) and returns by 1:30pm.

Registration begins May 10 and ends Jul 25

Corn Hole Tournament (323000-S1)

We will travel to Meadowbrook Community Center for a fun game of corn hole. Bring a dish to share for the luncheon.

When Tu Aug 9

Itinerary Depart center at 10:30am (check in no later than 10:15am) and return by 1pm.

Cost \$1

Registration begins May 10 and ends Aug 4.

Fall into Flu Season (323000-J2)

Influenza is a serious disease. An annual flu vaccine is the best way to reduce the chances that you will get the seasonal flu and spread it to others. Learn how the vaccines work, what kinds of vaccines are available and what actions you can take to fight the flu. Discussion will also take place about the shingles vaccine, pneumococcal pneumonia vaccination. Enjoy a fun game of bingo and win some interesting prizes.

When Th Sep 1

Itinerary Depart center at 10:30am (check in no later than 10:15am) and return by 1pm.

Cost \$1

Registration begins May 10 and ends Aug 29.

Mail In Registration Form

Please Print Clearly

Mail to: Joy Herbert, Parks and Recreation, 725 Patrick Henry Dr, Blacksburg, VA 24060

1st Primary Name(First) _____ (MI) _____ (Last) _____

Date of Birth: _____ (ex: 1/20/04)

Address: _____ City/

St _____ Zip _____

Resident _____ Non-Resident _____ E-

Mail _____

2nd Primary Name: (First) _____ (MI) _____ (Last) _____

Date of Birth: _____ (ex: 1/20/04)

Address: _____ City/St _____ Zip _____

Resident _____ Non-Resident _____ E-

mail _____

Emergency Contact

Name: _____ Phone: _____

Activity Number (ex: 223600-A1) 1) _____ 2) _____ 3) _____ 4) _____

Payment: \$ _____

(check one) _____ Check _____ MasterCard/Visa # _____ Exp _____

Assumption of Risk in Connection with Participation in Recreational Activity

1. In Consideration of the acceptance of my application for entry in the above event or class, I hereby waive, release and discharge any and all claims for damages for death, personal injury of property damage which I may have as a result of my participation. This release is intended to discharge in advance the Town of Blacksburg and its agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event or class, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.
2. I understand that serious accidents occasionally occur during recreational activities, sports, outdoor activities, or fitness activities, and that participants occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of the particular activity for which I have registered, I hereby agree to assume those risks and to release and hold harmless all the personas or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.
3. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.
4. I give the Town of Blacksburg the right to use photographs of me, participating in this program, in its own promotional materials
5. I agree to accept and abide by the rules and regulations of the Town of Blacksburg Parks & Recreation Department.
6. I give my consent to allow a doctor to administer emergency treatment to me, or my child, if needed.
7. List any medical problems such as allergies, asthma, allergic reaction to bee stings, etc.
8. Can participant swim? (only if it pertains to program)

Signed _____ Date: _____